

ICM for Beginners ~ Exercise #3

Exercise and Feedback by Kaisa Sirén

If you are new to ICM and wish to start experimenting, this is for you. Carry out this exercise and submit your images for feedback.

This will be an ongoing series, and each subsequent quarterly exercise will build upon the previous one.

To start experimenting, you need a camera in which you can control the shutter speed, f-stop, and ISO rating...and of course the understanding of their relationship and how they correspond with one another.

With the ICM technique, you usually need to use a very low ISO (especially when photographing during daytime/bright sunlight). The shutter speed can be anything from 1/10th of a second to several seconds, and it depends on the amount of light, the effect desired, and length of the objective. In order to use a long exposure, you need to use a small f-stop (big number!) and a small ISO value. If there is so much light that the smallest f-stop and lowest ISO value are not enough to allow the long exposure time, you can use a neutral density filter to cut down the amount of light reaching the sensor.

Experiment with various shutter speeds to learn how longer and shorter exposure times will affect the outcome. Depending on your movement, shorter exposures oftentimes will produce less abstract images than longer exposures will. Find the combination of movement and exposure time that works for you to create the effects you are looking for.

Exercise 3 ~ Experimenting with Shaking & Zooming

This exercise introduces several additional new movements, to build on the horizontal and vertical panning movements of the first exercise and second exercises.

This time, please experiment with these movements:

- Shaking
- Trembling
- Jiggering (Jerk Up and Down)
- Zoom Burst

Do not hesitate to move your whole body along with the camera movement. Be creative, and have no boundaries. Seek for subjects that rhyme with your movement. Test also keeping the camera still first, and then do the movement at the end of the exposure. For this, you might need a shutter speed of 2 seconds or more. Experiment with incorporating more than one movement into the image (done in-camera).

As a rule of thumb, the shorter the focal length of the lens is, the longer the exposure time needed. The longer the lens is, the 'easier' it will be for you to start experimenting.

Choose subjects with enough contrast, either light and dark or complementary colours. Keep the subject simple. You can find examples of these kind of images here: [Example Images of These Types of Movements](#).

Hold the camera
this way.



Not this way.



Submit Images for Feedback

Please send your images for evaluation and feedback from Kaisa Sirén through the Google Form on the website, which can be found at this link:

[Exercise with Kaisa Submission Form](#)

*****Images must be captured in-camera. No Photoshop created ICMs allowed (i.e., motion blur or textural filters, etc.) I do, however, encourage you to post-process your images carefully, otherwise.*****

The image size must be 2000 pixels on the long side, at 300dpi. A maximum of 3 images per participant, and ***images should be taken between 15 December 2020 and 5 February 2021.***

Submissions should also include the technical details for each image, including ISO, shutter speed, and aperture. This will assist you in the exercise by keeping you aware of these technical aspects of creating ICMs.

Kaisa will select 3-5 images from all submissions for commentary and feedback, and these 3-5 images will be published in the March issue, along with Kaisa's feedback.

Make sure to title your images with your own name and, if desired, with the image title (for example kaisa_siren1_Hope).

Submission Deadline

Submissions must be received by **5 February 2021** in order to be considered.

Kaisa Sirén is a photographer from Lapland, Finland, specializing in ICM images. Her work was featured in the inaugural issue of ICM Photography Magazine in June 2020.

www.kaisasiren.fi

www.facebook.com/kaisasiren

www.facebook.com/valokuvaajakaisasiren

www.instagram.com/kaisasirenphotography



Kaisa's Photo Credit:
Jouni Männistö/Arctic Camera

Background Photo Credit ~ Kaisa Sirén